



Allentown's initiative for  
healthier children

## CERTIFICATION OF COMPLETION

This is to certify that \_\_\_\_\_ has adopted the Healthy  
(Name of Organization)

### Kids - Healthy Allentown Nutrition & Physical Activity Basic Policy Plan

for our organization. We have implemented all of the basic policies effective

\_\_\_\_\_.  
(date)

#### Basic Policy Plan

- ☐ 60 minutes physical activity/day, or 10% of program time, outside play is preferable
- ☐ No screen time for children less than 2 years of age, and limit screen time (TV, video games, computer) for older children to 1-2 hours per day of educational programming or programming that fosters physical activity
- ☐ No sugar-sweetened beverages
- ☐ Low fat (1%) or non fat milk for children older than 2 years
- ☐ Water must be accessible and available for children to drink throughout the day
- ☐ Offer a fruit or vegetable at meal or snack time

\_\_\_\_\_  
Print/ Type Name - Head of Organization

\_\_\_\_\_  
Signature - Head of Organization

\_\_\_\_\_  
Title

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Address of Organization

\_\_\_\_\_  
Email

A Recognition of Achievement will be presented at a formal meeting of the City of Allentown Board of Health.

Send completed form to: Allentown Health Bureau c/o Tina Amato  
Nutrition & Physical Activity Program  
245 N Sixth Street  
Allentown, PA 18102